



Disaster Checklist for People with Special Needs

Disasters can happen at anytime and affect anyone. Whether the disaster is predictable, such as a hurricane, or happens without warning, such as a terrorist attack, it is important for Nassau County residents to have an at-home emergency kit as well as a shelter kit. People with special needs should consider additional personal items when compiling both a home emergency kit and a shelter kit. This checklist is intended to be a quick list of general and additional items for either “sheltering-in-place” (at home) or for a “grab-and-go” shelter kit (to be taken with you to a shelter). Home disaster kits contain enough items for a longer period of time (several days to a week). Shelter kits contain only essential items for a shorter period of time (12 to 72 hours). While not comprehensive, this is meant to be a starting point. It is recommended that this checklist be reviewed regularly and according to any changes in your needs.

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| <ul style="list-style-type: none"><input type="checkbox"/> Insurance policies, contracts, wills, passports, deeds, social security cards, immunization cards, Medicare/Medicaid cards (keep in a water-proof bag)<input type="checkbox"/> Photo identification and proof of address<input type="checkbox"/> Banking and credit card information<input type="checkbox"/> Emergency Contact Information: names and phone numbers of those in your personal support network, family members, doctors, equipment suppliers, and utility companies<input type="checkbox"/> One-week supply of non-perishable canned/packaged food<input type="checkbox"/> Bottled water (gallon/day)<input type="checkbox"/> Manual can opener<input type="checkbox"/> Flashlight with extra batteries<input type="checkbox"/> Plastic trash bags<input type="checkbox"/> Battery operated radio/TV with extra batteries<input type="checkbox"/> Family photos (recent and old)<input type="checkbox"/> First Aid Kit<input type="checkbox"/> Toiletries<input type="checkbox"/> Blankets and pillows<input type="checkbox"/> Change of clothes<input type="checkbox"/> Childcare items<input type="checkbox"/> Cell phone w/ spare batteries<input type="checkbox"/> Phone that plugs directly into the wall | <ul style="list-style-type: none"><input type="checkbox"/> Hard soled shoes<input type="checkbox"/> Money (small bills and change)<input type="checkbox"/> Auxiliary medical equipment with extra batteries if necessary (i.e., oxygen, scooter battery, hearing aid)<input type="checkbox"/> Style and serial numbers of medical devices (such as pacemakers)<input type="checkbox"/> Medicine supply/list of medications and dosage instructions<input type="checkbox"/> Disposable face mask/gloves |
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Additional supplies to consider based on your special needs:

- ☐ Cane, crutches, walker or wheelchair
- ☐ Glasses with repair kits and contacts with cleaning supplies
- ☐ Heavy gloves for operating equipment (for caregivers)
- ☐ Whistle, loud bell or other alert device and a way for others to notify you
- ☐ Instructions for any device you may have
- ☐ Pre-printed messages/note pad and pen

Shelters

Shelter kits should be stored in an easy-to-carry container, such as a backpack, and located in an easily accessible area. If you have a home health aid, it is recommended you bring that person along with you. Some shelters may not have special equipment; be prepared to bring your own.

Remember to listen to local radio and TV stations for updates and evacuation instructions. If you are evacuating to a shelter, before you leave your home, you or a member of your personal assistance network should:

- ☐ Secure windows and shutters with plywood for storm emergencies
- ☐ Secure patio furniture
- ☐ Top-off car gas tank
- ☐ Turn off electricity at main switch (can only be turned back on by a professional)
- ☐ Shut gas valve at the appliance, not the main
- ☐ Let friends, relatives or neighbors know where you are going

Pets and Service Animals

Only service animals are allowed in Nassau County shelters. If you bring your service animal with you, be sure to bring water, food, medicine, toys and other necessities. Pets are not allowed in shelters. Since **pets are not allowed**, be sure to make alternate sheltering plans for your pet. For information on caring for your pet during an emergency, contact Red Cross about its **Pet Safe Program** at 747-3500.

Preparing at Home

A home emergency plan for you and your family should include a communication system, home disaster supply kit for sheltering-in-place, and a meeting place.

Work and School

Every workplace and school should have an evacuation plan and emergency procedure. Become familiar with evacuation plans in areas where you spend a great deal of time. You may want to store a few essential items at these places and have personal assistance networks there as well.

Website Resources

American Red Cross
www.redcross.org

Federal Emergency Management Agency
www.fema.gov

National Organization on Disability's Emergency Preparedness Initiative
www.nod.org/emergency

Additional Information

Remember - 911 Is For Emergencies

<i>N.C. Office of Emergency Management</i>	<i>573-0636</i>
<i>N.C. OEM Email</i>	<i>NCOEM@mail.co.nassau.ny.us</i>
<i>N.C. American Red Cross</i>	<i>747-3500</i>
<i>N.C. Main Number</i>	<i>571-3000</i>
<i>Nassau County Police</i>	<i>573-7000</i>
<i>TTY Relay Operator</i>	<i>800-421-1220</i>
<i>Federal Emergency Management Agency</i>	<i>www.fema.gov (for emergency preparedness information)</i>
<i>NYSEMO</i>	<i>www.nysemo.state.ny.us</i>
<i>American Red Cross</i>	<i>www.redcross.org</i>